

The Senior Connection

NEWS and EVENTS from the
Howard County Office on Aging

Department of Citizen Services

Volume 5, No. 8 • August 2015

A Message from

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Administrator, Howard
County Office on Aging



As we continue our efforts to meet the changing needs and attitudes of Howard County's older adults, the Office on Aging has announced that our network of senior centers will now be called 50+ Centers. The renaming and future branding of the centers has been undertaken to attract those who may not have engaged with the centers in the past, but would benefit from their services. This is in line with the priorities of our Master Plan for Aging Services.

Of course, we will continue our dedication to serve those that we have always served, in centers and through other programming. No matter what they are called, our centers will always play an essential role in the delivery of services for older adults. Our greatest aspiration is to develop new and expanded centers that will incorporate a greater choice of both programs and services.

As an example, the Ellicott City 50+ Center has expanded to include the 50+ Fitness Center. The Fitness Center, located on the site of the former Miller Library at 9411 Frederick Road in Ellicott City, houses an exercise studio, and a state of the art fitness room. Fitness equipment orientations are scheduled throughout the week (see the article in this issue for details). Join us for the official ribbon cutting with County Executive Allan Kittleman on Thursday, September 17, at 11:00 a.m.

Last but not least, I hope to see many friends old and new at Senior Day at the Fair on Tuesday, August 11 from 10 a.m. to 3 p.m. in the 4-H Activities Building at the Howard County Fairgrounds. Remember, admission to the fair is free that day for everyone age 62+. Join us for some old-fashioned fun while learning about new services and programs from the Office on Aging and others.



Creating Communities For All Ages

50+EXPO Keynote Speaker Announced

Major demographic shifts are having a profound impact on communities and the nature of age relations. Increasing age and racial/ethnic diversity presents both opportunities and challenges for individuals, families, government and non-profit organizations. What are our obligations to each other as we move through the life course? What opportunities and supports do we need at each stage and how can we work together for the common good? How can we combat ageism and foster interdependence across generational divides?

These questions and others will be a topic for discussion at this year's 50+EXPO as we welcome keynote speaker, Nancy Z. Henkin, Ph.D. Dr. Henkin, founder and former executive director of the Intergenerational Center at Temple University, is a senior fellow at Generations United and an international consultant in intergenerational policy and practice.



Nancy Z. Henkin, Ph.D.

Dr. Henkin's 50+EXPO address will focus on creating a community for all ages, one which views aging as a lifelong journey rather than a time-related event, and recognizes generational commonalities and differences. It is based on a sense of collective rather than individual responsibility for the health and well-being of individuals of all ages. Strong social networks, opportunities for community engagement and lifelong learning, housing and transportation options that address changing needs, high quality support services, and a physical environment that promotes healthy living are some of the characteristics of a community that is all-age friendly.

Join us at the 50+EXPO on Friday, October 16 at Wilde Lake High School as we explore ways to make Howard County a healthy, vital and welcoming place for growing up and growing older.

Get Fit in Good Company at the 50+ Fitness Center

State-of-the-Art Facility Opens in Ellicott City

Most days, former swimmer Estelle Santana, 60, feels she is in “pretty good shape” — enjoying activities at her local Howard County 50+ Center and keeping up with her grandchildren. But nagging back pain from an injury she suffered while diving on vacation two years ago still crops up from time to time. A recommendation from her chiropractor to try strength training led her to the new Ellicott City 50+ Fitness Center. With low monthly rates for Howard County residents, the fitness center is proving to be a convenient and affordable option for older adults like Estelle and others.

Located within the former Miller Library at 9401 Frederick Road, the Ellicott City 50+ Fitness Center is open Monday through Friday 8:30 a.m. to 4 p.m. and Monday and Wednesday evenings until 7:30 p.m. New users are encouraged to sign up for a free, small group orientation which lasts about an hour. Jennifer “Jen” Lee, the Office on Aging’s Exercise Specialist, recently demonstrated the proper technique and form to a group of motivated individuals ranging in age from 60 to 82.

Bernard and Mary Ellen O’Neill plan to attend the new 50+ Fitness Center together a couple of days a week. Mary Ellen, 80, has been attending Zumba classes at the center for some time now to build endurance. “I wanted something we could do together,” she says of her husband, 82, who on this day is watching from a nearby bench. “He depends on me to get all the information, so I made him attend his own orientation so he would hear it too,” she says, laughing.

Gail Kujuwa, 67, and her husband, Mike, 71, also plan to work out together. After recovering from hip surgery a year ago, Gail tripped and fell, requiring a knee operation. Although feeling a bit unsteady without her walker, she is determined to regain lost strength and mobility. As Gail settles into the seat of the leg extension machine, Mike is by her side with a steadying hand. “I’m gonna be with her all the way,” he says. Jen Lee suggests an alternate handhold, assuring Gail, “If one setting doesn’t feel right, there’s another that will.”



Exercise Specialist Jen Lee, left, makes adjustments to the leg extension machine for Gail Kujuwa, who is recovering from hip and knee surgery and joined the Center to regain strength and mobility.

Making adjustments to accommodate varying physical limitations is just one benefit to attending a fitness center run by the Howard County Office on Aging. Gail’s physician recommended she join a gym, which she and her husband did, but with disappointing results. “We were the oldest people there,” she says, “And they offered the same routine to everyone, whether 17 or 70.”

In contrast, Lee stresses a “train, don’t strain” philosophy. “Muscles should feel warm during a workout; some soreness the next day is normal,” she explains, “But your workout should never feel painful.” Lee recommends the “talk test” to maximize efforts. “You should be able to hold a conversation while working out; if you can sing a song, increase the intensity.”

After the orientation, the group felt more confident about using the equipment as well as comfortable with one another. Socialization and peer support is another bonus to joining a fitness center. Cindy Fitzpatrick, 59, encouraged her friend Afaf Desouki, 69, to join. Says Afaf, “Working out together will make it more fun and help us both stay motivated.”

Contact the Ellicott City 50+ Fitness Center at 410-313-0727.



Friends and neighbors Afaf Desouki, 69, left, and Cindy Fitzpatrick, 59, work out at the 50+ Fitness Center together several times a week.



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This publication is available in alternate formats upon request.

To join our subscriber list, email seniorconnection@howardcountymd.gov

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Learn How to Protect Yourself From Distraction Burglaries and Other Door-to-Door Scams

by Rebecca Bowman, Administrator, Howard County Office of Consumer Affairs

The Howard County Office of Consumer Affairs (OCA) and Howard County Police Department are warning residents to be wary of door-to-door solicitors or utility company representatives who make unannounced visits to your home.

An Ellicott City resident recently reported that someone knocked on her door who claimed to be from a water company, and stated that he needed to read the water meter. A family member of the resident let the person inside, where the suspect distracted him in the basement while other unknown individuals stole clothing, jewelry and money from the home. After a few minutes, the victim became suspicious and forced the suspect to leave the residence.

While this is the only reported case in recent months in Howard County, residents should remain alert for this and other door-to-door scams. Summer is prime time for traveling con artists who offer low-cost home improvements, tree trimming or driveway repair but deliver substandard or no service.

OCA and the Police suggest the following tips:

- Always ask solicitors to produce their Howard County Peddler/Solicitor ID card. Licensed solicitors are required to carry their ID cards and show it on request. If they do not have one, ask the person to leave and report the solicitor to the Police or OCA.
- Ask for other identification from the company they claim to represent and call the company directly to confirm if they have sent a representative to your area.
- Never let someone you don't know inside your home until you have verified their identity.

- Don't feel pressured to make any decisions on the spot. Take the time to research the company and compare prices before agreeing to sign a contract or pay money. Offers that are made on a "now or never" basis are usually either bad deals or scams.

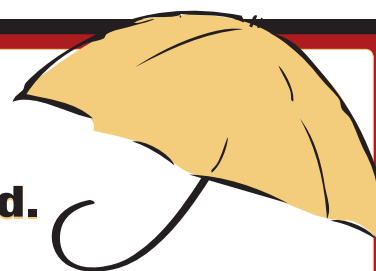
Residents can report unlicensed solicitors to OCA at 410-313-6420 or the Howard County Police at 410-313-2200. To report suspicious activity to the Police, call 410-313-2200. Dial 911 if the incident is in-progress.

CONSUMER PROTECTION

We've got you covered.

**Take Advantage of US
Before Someone Takes
Advantage of YOU!**

Howard County Office of Consumer Affairs
410-313-6420 • consumer@howardcountymd.gov
www.howardcountymd.gov/consumer



SENIOR DAY AT THE FAIR

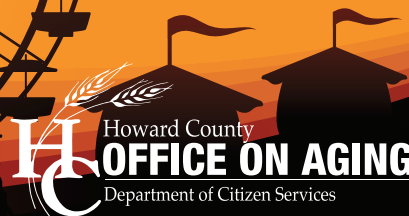
Howard County Fair 2015

FREE ADMISSION for ADULTS 62+
Tuesday, August 11 • 10 am - 3 pm

Visit the Activities Building for Fun Things to Do:

- Entertainment and Exhibits
- Healthy Aging Programs and Services
- Bingo, Games and Prizes
- Demonstrations

**DON'T MISS
SENIOR DAY
AT THE FAIR!**



www.howardcountymd.gov/aging

Seniors Together

CONNECT • LEARN • GROW

Thriving After "Living Well"

Are You a Living Well Program Graduate?

Continue to take charge of your health with this facilitated group!

- focus on individual progress
- share successes
- meet challenges/set new goals
- gain additional peer support
- overcome setbacks
- recharge motivation

Starting Tuesday, September 8 • 2:30 - 4:00 p.m.

North Laurel 50+ Center
9411 Whiskey Bottom Road, Laurel 20723

To register, contact Karen Hull
410-313-7466 (VOICE/RELAY) • khull@howardcountymd.gov

If you need accommodations to attend, contact Maryland Access Point (MAP) at 410-313-5980 or map@howardcountymd.gov

August 2015 Calendar of Events

Don't miss these exciting programs and services at one of the dynamic Howard County Office on Aging 50+ Centers near you!

Bain Center

Tuesday, August 11 • Noon — FISH FRY

Enjoy fish fillets seasoned with herbs and fried to order. Limited seating; pick up tickets at the front desk by August 4. Cost: lunch donation.

Tuesday, August 18 • 10 to 11 a.m. — BRAIN FITNESS-NEUROBICS

Improve your cognitive capacity and build your brain capacity. Instructor: Robin Zahor, RN, BSN. FREE; register at 410-313-7213.

Tuesday, August 25 • 10 a.m. to 3 p.m. — OPERA LOVER'S LUNCH

Dr. Sam Stern discusses *Rusalka*, a dark fairy tale composed in 1900 and *Der Zarewitsch* (The Czar's Son) composed by Franz Lehar in 1927. \$13; register by August 18 to 410-313-7213.

Wed., Sept. 23 - Nov. 4 • 1 to 3 p.m. — A MATTER OF BALANCE

This evidence-based program helps reduce fall risks, controls the fear of falling, and increases strength and balance with exercise. \$28; register with Wendy Farthing: wfarthing@howardcountymd.gov or 410-313-3506.

East Columbia 50+ Center

Tuesdays • 10 to 11 a.m. — COME COLOR WITH US

Try your hand at an expert level coloring book. FREE; materials provided.

Wednesdays in August • Noon — SEVEN UP: THE DOCUMENTARY

Follow a group of 14 British children from different socio-economic backgrounds through interviews every seven years as they age from seven to 56. Cost: lunch donation.

Friday, August 7 • 10 a.m. — TISSUE PAPER FLOWERS

You may have seen them at the center, now come make your own! \$5 fee for materials. Register at 410-313-7680.

Tuesday, August 18 • 7 p.m. — LOVE YOUR JOB:

THE NEW RULES FOR CAREER HAPPINESS

Meet author Kerry Hannon as she unlocks the secret to finding true career happiness at any age. FREE; details at 410-313-7680.

Elkridge 50+ Center

Wed. in August • 10:30 a.m. to noon — iPHONE/iPAD CLASSES

Have a new phone or tablet or thinking about getting one? Learn how easy it is to use them and have fun! FREE; details at 410-313-5192.

HOWARD COUNTY 50+ CENTERS

Bain Center	5470 Ruth Keeton Way, Columbia	410-313-7213
East Columbia 50+ Center	6600 Cradlerock Way, Columbia	410-313-7680
Elkridge 50+ Center	6540 Washington Blvd., Elkridge.....	410-313-5192
Ellicott City 50+ Center	9401 Frederick Rd., Ellicott City	410-313-1400
Glenwood 50+ Center	2400 Route 97, Cooksville	410-313-5440
Longwood 50+ Center	6150 Foreland Garth, Columbia	410-313-7217
North Laurel 50+ Center	9411 Whiskey Bottom Rd., Laurel	410-313-0380

SENIOR CENTER PLUS SITES

Ellicott City Senior Center Plus	410-313-1425
Glenwood Senior Center Plus	410-313-5442
North Laurel Senior Center Plus.....	410-313-7218



www.howardcountyaging.org/50pluscenters

Ellicott City 50+ Center

Tuesday, August 4

1 to 2:30 p.m. — MEDICARE 101

Learn how Medicare Parts A (hospital), B (medical) and D (prescription drugs) work, the benefits, and when to make decisions related to your coverage. Sponsored by SHIP. Register at 410-313-7391.

Tuesday, August 11 • 1 to 2:30 p.m. — MEDICARE 102

Learn about Medicare Part C/Health Plans and Medicare Supplement Policies (Medigap Plans), and how to protect yourself from health care fraud. Sponsored by SHIP. Register at 410-313-7391.

Thursday, August 13 • 11:30 a.m. — HOWARD COUNTY POLICE DEPARTMENT OLDER ADULT SAFETY PROGRAM

Pfc. André Lingham, Senior Citizen Liaison, will discuss current safety tips, scams and fraud prevention. Details at 410-313-1400.

Tuesday, August 18 • 11 a.m. to 1 p.m. — PICTURE THIS

"Develop" a better relationship with your camera! Sign up for a FREE 30-minute session with your digital SLR camera or smart phone. Details at 410-313-1400.

Thursday, August 20 • 9:15 a.m. — BRAIN FITNESS

Robin Zahor R.N., B.S.N. introduces a new brain exercise program to help keep the mind sharp; learn brain games, how to live a more healthy lifestyle and good nutrition decisions. FREE; register at 410-313-1400.

Glenwood 50+ Center

Fridays in August • 1 p.m. — AT THE MOVIES: NEW RELEASES!

August 14: *Welcome to Me*

August 28: *The Second Best Exotic Marigold Hotel*

\$1 admission; details at 410-313-5440.

Monday, August 10 • 11 a.m. — HISTORY OF BROADWAY

Steve Freidman continues this popular series on Rodgers and Hammerstein. FREE; details at 410-313-5440.

Wednesday, August 19 • 9 to 11 a.m. — WAFFLE BAR

Join us in the lobby café for waffles with all the toppings, sausage, and juice. FREE; details at 410-313-5440.

Friday, August 28 • 11 a.m. to noon — DRUMMING CIRCLE

Reduce your stress levels using drums and various percussion instruments. FREE; register at 410-313-5440.

North Laurel 50+ Center

Monday, August 10 • 1 to 2 p.m. — TALKIN' BROADWAY

Follow the evolution of Broadway's rich history through discussion and live song presentation. FREE; details or to sign up at 410-313-0380.

Thursday, August 13 • 10 a.m. to noon — GAMES IN THE GARDEN

Share a friendly game of scrabble, dominoes, cards or rummikube in the garden. Refreshments & snacks provided. FREE; sign up at 410-313-0380.

Wednesday, August 19 • 11 a.m. — SUMMERTIME SERENADE

Enjoy live music by singer and guitarist, Tom Cooke, followed by lunch at noon. \$3 plus lunch contribution (age 60+); register at 410-313-0380.

FOR A FULL LISTING OF EVENTS at our 50+ Centers this month, visit:

www.howardcountyaging.org/50pluscenters

To request accommodations to participate, call Maryland Access Point (MAP) at 410-313-5980 (voice/relay) one week in advance.

